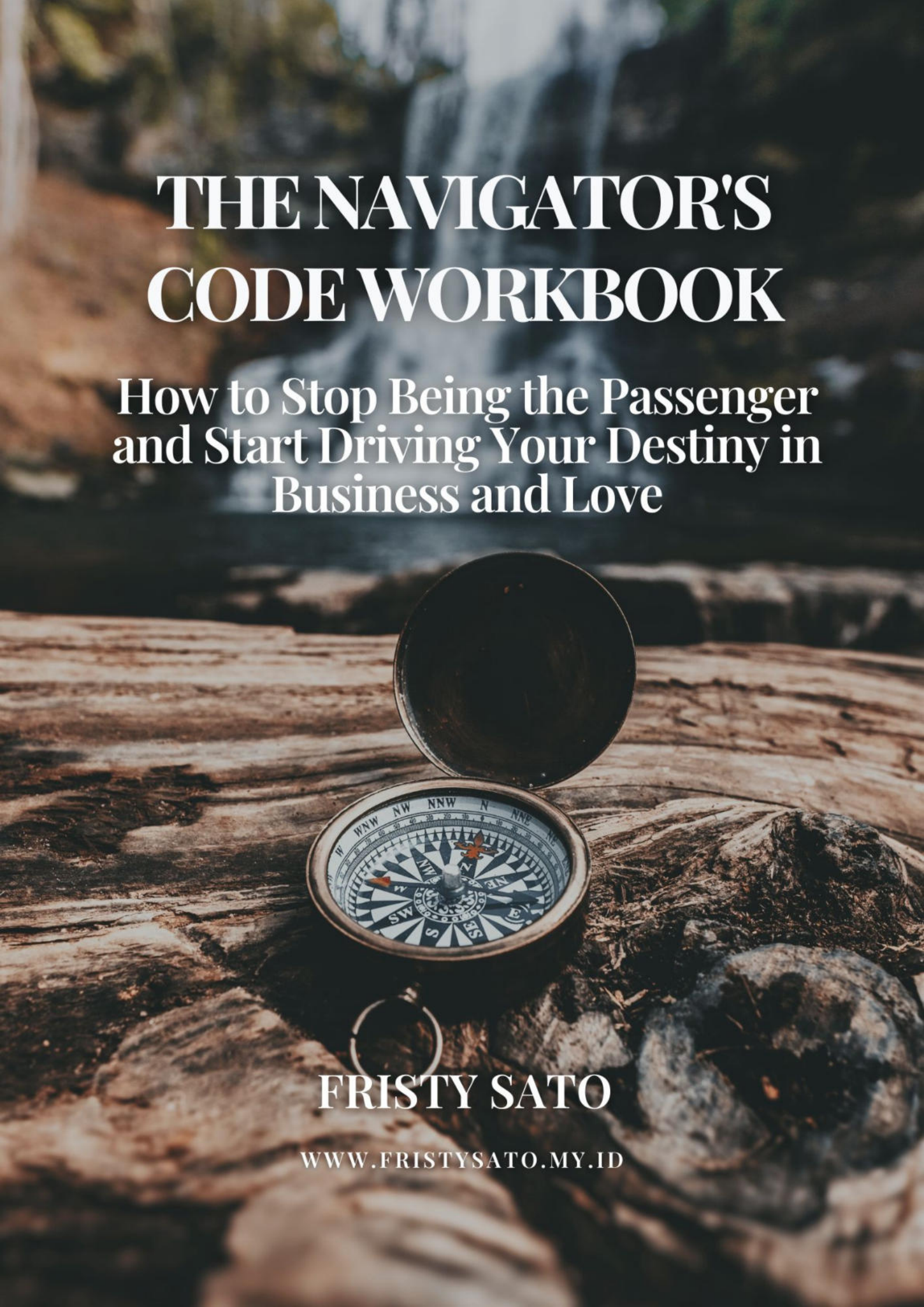
THE NAVIGATOR'S CODE WORKBOOK

How to Stop Being the Passenger and Start Driving Your Destiny in Business and Love



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The Navigator's Code Workbook

How to Stop Being the Passenger and Start Driving Your Destiny in Business and Love

Written by Fristy Sato

Divine Feminine Leadership Initiator

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The Navigator's Code Workbook

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This workbook, "The Navigator's Code Workbook" was created by Fristy Sato and is intended for educational and inspirational purposes only. It is not a substitute for professional medical, psychological, or financial advice. The content provided herein is based on spiritual and energetic principles and is designed to support personal growth and self-discovery in a structured manner.

While the practices and information shared can be profoundly transformative, individual results may vary. It is always recommended to consult with qualified professionals for any health or well-being concerns. By engaging with this material, you acknowledge that you are responsible for your own well-being and choices.

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A Note from Fristy

Welcome, sovereign navigator.

Fristy Sato here. For those who haven't met me yet—I'm a certified Life Coach in Neuro-Linguistic Programming, a Certified ThetaHealing® Practitioner, and a Certified Practitioner in Time Line Therapy®.

For years I believed achievement was the same as peace. I chased degrees, recognition, and a picture-perfect career abroad. On paper, I looked successful. Inside, I was exhausted and disconnected.

Through trauma-informed healing, inner-child work, and embodiment, I began leading from presence instead of perfection. That path became what I now call Divine Feminine Leadership—leading with intuition, clarity, and compassion, like a mother guiding life itself.

You are a leader who is skilled, brilliant, and deeply capable. Yet, you may still find yourself feeling like a **passenger** in your own life—waiting for your **partner** to include you, waiting for a **mentor** to give you the map, or waiting for **clarity** before you can move.

This feeling of being "left behind" or stuck in transit is not a failure of strategy; it's a **nervous system pattern** of giving away the keys to your destiny.

This workbook is your guide to anchoring the **Navigator's Code**—the certainty that you are the one in control of the route. We will achieve this by:

1. **Reclaiming Entrustment** in your most intimate partnership.
2. **Activating Resourceful Navigation** in your business and career.
3. **Anchoring the Identity** of the driver, not the driven.

It is time to take the wheel. Your journey home begins now.

Yours in resourcefulness,

Fristy Sato | Divine Feminine Leadership Initiator
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Part 1 – Sovereign Partnership: Entrustment and Shared Drive

The core of a sovereign relationship is **joyful entrustment**—the feeling that your partner sees your competence and trusts you to share the driving.

Exercise 1: Mapping the Keys

Reflect on the energy exchange in your partnership regarding shared life decisions and responsibilities.

"When was the last time my partner entrusted me with a major joint decision, task, or vision? How did that feeling of being trusted anchor in my body?" *(Anchor the positive feeling of competence and inclusion.)*
"When did I last wish my partner had entrusted me but didn't? How did I react (silence, withdrawal, resentment)?" *(Name the source of the resentment—the longing to be included.)*
"If my partner handed me the 'shared car keys' of our partnership, what specific area would I want us to drive together?" *(Define the desired outcome (e.g., shared financial strategy, co-parenting vision, shared future planning).*

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Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights here.

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Exercise 2: Embodiment Practice – The Shared Vehicle

We are wiring your body to expect and demand entrustment.

1. **Visualization:** Close your eyes. Imagine your **partner** handing you the **keys to the shared life vehicle** with a genuine smile. See yourself confidently driving, them beside you, and your shared life/dreams happily secured in the back.
2. **Body Anchor:** Place your right hand over your heart, left hand over your belly. Say aloud: **"I am trusted. I am capable. I drive with love."**
3. **Action Step:** This week, explicitly ask your partner to entrust you with one small joint decision (a plan, a budget detail, a home project). Frame it as a **"shared drive"** and tell them: **"I feel happy when we navigate things together like this—it feels like driving the car with you."**

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Part 2 – Sovereign Business: Resourceful Navigation

In business, waiting for a clear map, a perfect mentor, or a "bus conductor" (market authority) to tell you the route is a form of self-sabotage. You are capable of creating your own express route.

Exercise 3: Auditing the Bus Conductor

Identify where you are still wasting energy waiting for external permission or clarity.

"Where in my business (or career) do I still wait for 'the bus conductor' (mentor, market template, external clarity) to show me the map?" *(Pinpoint the specific product, launch, or decision you are procrastinating on.)*
"What flexible, direct, and resourceful solution (your 'Express Route') have I successfully created when authority figures failed me in the past?" *(Identify your inherent genius for fast, self-guided solutions.)*
"What kind of 'vehicle' (business model or offer structure) feels most aligned right now: The Collective (low-cost group), The Owned Vehicle (mid-level signature offer), or The Express Route (flexible, fast, high-value 1:1)?" *(Choose the structure that matches your current desired energy and speed.).*

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Exercise 4: Embodiment Practice – The Navigator's Route

We are replacing the feeling of confusion with resourceful certainty.

1. **Grounding Breath:** Inhale saying, **"I choose my route."** Exhale saying, **"I always find my way home."**
2. **Visualization:** Visualize yourself calmly stepping out of a confusing, crowded station into the clear air. You pull out your phone, order your own direct vehicle, and smile: **"I know exactly where I'm going."**
3. **Action Step:** Choose one project where you stop waiting for external clarity and instead create your own **"Express Route."**
    - *Examples:* Write your own intuitive launch plan without waiting for a mentor's template. Price an offer based on your intrinsic value, not market confusion. Choose a new niche direction, even if others don't immediately approve.

The greatest block to being the driver is the fear that you will get lost. To dissolve the anxiety of self-guidance, you must anchor your financial worth. **Visit our self-paced course, Divine Feminine Money Healing**.

Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights here.

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Reflection and Notes Section

This space is for you to jot down any thoughts, feelings, or insights that arise during your exercises. Reflect on your progress, challenges, and any shifts in your perspective towards self-love and loving kindness.

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Your Next Sacred Step

At the end of the week, write:

- **One moment where I felt entrusted and included in my partnership.**
- **One moment where I felt decisively resourceful in my business.**

Notice how your body feels different when you are the **driver** versus the **passenger**.

Core Mantra: "I am no longer left behind. I am the driver of joy and the navigator of my own way."

This inner work is the foundation of the **THRIVE Feminine Leadership Immersion**, where we anchor your healed, resourceful identity into your business and entire legacy.

Apply Now for the THRIVE Feminine Leadership Immersion

Note: Only 5 spots are available per quarter.

I am holding the space for your arrival.

With love,

Fristy

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Get Your Free Gift!

Divine Feminine Wealth Activation

Your Clear Path to Reclaim Your Financial Flow and Manifest Sacred Prosperity.

This complimentary guidebook is your essential first step. It's designed to help you:

- **Pinpoint the invisible veils of scarcity** that may be holding you back.
- **Deconstruct inherited and learned patterns** that have unknowingly blocked your abundance flow.
- **Discover the true essence of Divine Feminine Wealth**—it's more than just money; it's a sacred energy for impact and purpose.
- Begin to **Transform your relationship with money** through grounded practices for financial safety and energetic boundaries.
- **Uncover your unique abundance blueprint** through powerful self-inquiry and actionable practices.

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You'll find that readers who engage with this "Divine Feminine Wealth Activation" workbook are able to implement these sacred teachings faster and take the next powerful steps needed to reclaim their financial flow and manifest sacred prosperity with ease.

This isn't just a download. It's an initiation. A clear invitation to begin your journey of unapologetic radiance and profound abundance.

Ready to Reclaim Your Abundance?

Get Your FREE "Divine Feminine Wealth Activation" Guidebook Now!

You can get your copy HERE.

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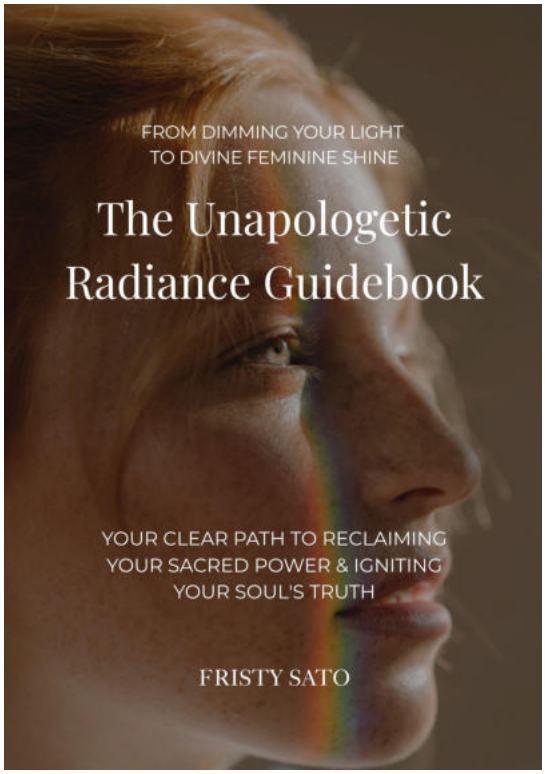
Get Your Free Gift!

The Unapologetic Radiance Guidebook

Your Clear Path to Reclaiming Your Sacred Power & Igniting Your Soul's Truth.



This complimentary guidebook is your essential first step. It's designed to help you:

- **Pinpoint the invisible veils of fear and self-doubt** that may be subtly dimming your light.
- **Deconstruct inherited and learned patterns** that have unknowingly kept you playing small or seeking external validation.
- **Discover the true essence of Divine Feminine Radiance**—it's more than just being seen; it's a sacred frequency for impact and purpose.
- Begin to **Transform your relationship with visibility** through grounded practices for inner safety and energetic boundaries.
- **Uncover your unique radiance blueprint** through powerful self-inquiry and actionable practices.

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You'll find that readers who engage with "The Unapologetic Radiance Guidebook" are able to implement these sacred teachings faster and take the next powerful steps needed to reclaim their authentic presence and ignite their soul's truth with ease.

This isn't just a download. It's an initiation. A clear invitation to begin your journey of unapologetic radiance and profound self-expression.

Ready to Reclaim Your Radiance?

Get Your FREE "The Unapologetic Radiance Guidebook" Now!

You can get your copy HERE.

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A Note of Gratitude

This work wouldn't be possible without the wise women, spiritual teachers, and mystics who came before me. Their wisdom is what built the foundation of the **THRIVE Method**. I'm forever grateful for them.

To my own mentors, thank you for holding the space for my own journey and for always guiding me with a firm, loving hand.

Finally, to you, the reader—thank you. Thank you for being so brave and for showing up for yourself. The world is a better place because you're doing this work.

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About Fristy Sato

Fristy Sato is a Divine Feminine Leadership Activator, a guide for women who are ready to become leaders. She helps them tap into their feminine power and lead with confidence. Her work is a journey that helps women master their energy, heal from the past, and embrace who they truly are.

Fristy's goal is to help women move beyond pain and reclaim their power. She guides them toward a life of peace, prosperity, and clear purpose. She uses a kind, grounded, and empathetic approach, creating a safe and clear space for real transformation.

She helps women build unshakeable confidence that comes from within. Her programs aren't just courses; they're designed to help you remember your soul's deepest truth and give you a practical way to rise up and lead.

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Check Out My Books!

I've channeled more wisdom into these sacred offerings. These books are designed to meet you exactly where you are and guide you through the intricate layers of healing and alignment. They illuminate the next steps on your path to becoming the most authentic, radiant, and powerfully manifested version of yourself.

The Conscious Manifestation Journal: A Holistic Guide to Healing, Alignment & Manifesting Your True Desires

You've tried manifestation. You've made vision boards. You've repeated affirmations. But something still feels off. This journal is your guide if you're ready to move beyond wishful thinking and into the deep, soul-aligned work of co-creation. It's for the leader ready to heal subconscious blocks, align with her soul's true mission, and manifest her biggest dreams into reality, one grounded step at a time.

Discover More and Purchase Your Copy HERE!

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What Readers Are Saying:

I've read countless books on manifestation—but nothing has felt as grounded, practical, and deeply transformational as The Conscious Manifestation Journal. Fristy Sato don't just repackage the usual "think positive" advice. Instead, they take you into the real work: healing, shadow integration, inner child connection, and actionable, aligned steps that actually move your life forward.

What makes this journal stand out is how holistic and structured it is. The project management-inspired tools helped me take vague dreams and turn them into clear, achievable goals. And the emotional healing work—especially the exercises on forgiveness, limiting beliefs, and self-sabotage—created shifts I've been trying to unlock for years.

I finally feel like I'm not trying to force the universe, but co-creating with it in a way that feels natural and true to who I really am. If you're tired of fluffy LOA advice and ready to align your desires with your soul's path—this is the journal you've been waiting for. Truly a sacred, empowering, and life-changing guide.

— Sarah., Life Coach

"Fristy's guidance has been a beacon. Her teachings on energetic sovereignty transformed my fear of visibility into a quiet confidence I never knew I possessed. I'm finally showing up in my business, unapologetically radiant."

— Evelyn., Manager

"I used to feel exhausted just thinking about my finances. After working with Fristy's methods, I feel a profound sense of ease and an almost magical flow of abundance. Her work is truly life-changing and deeply sacred."

— Erika., Healer

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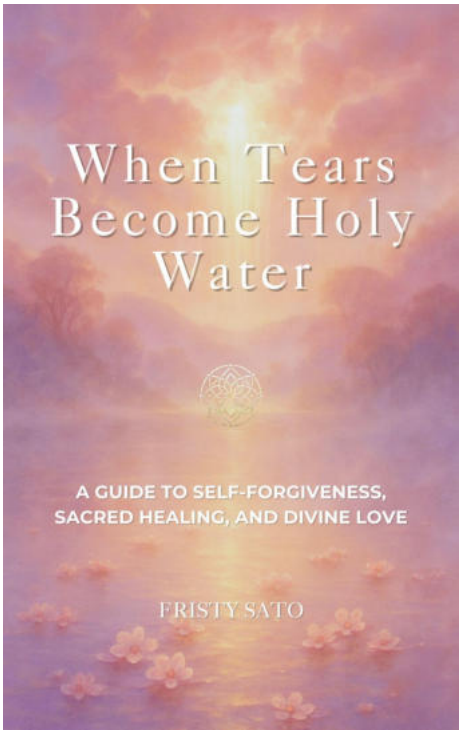
When Tears Become Holy Water: A Guide to Self-Forgiveness, Sacred Healing, and Divine Love



What if your tears weren't a sign of failure—but a sacred invitation back to yourself? If the journey of healing and self-compassion calls to you, this book is a profound companion. It's for the sensitive, introspective soul longing to reconnect with her inner child, release unspoken shame, and forgive herself, others, and even God. This is not a step-by-step guide to "fix" your life; it's an invitation to sit with your truth and find out it's still holy. Embrace a softer, embodied approach to healing and discover the grace that has always been holding you.

Discover More and Purchase Your Copy HERE!

What Readers Are Saying:

"As someone who has struggled with family wounds and spiritual confusion, I felt seen in every chapter. The three-act structure made it so easy to follow: forgiving God, forgiving myself, forgiving others. I've never read a book that so beautifully integrates personal story with spiritual practice. This is the book I'll be gifting to every woman I know."

— Sofia., Entrepreneur

This book found me exactly when I needed it. I didn't realize how much shame and guilt I was still carrying until I started reading When Tears Become Holy Water. Fristy's words felt

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like a hand on my heart. She doesn't just teach forgiveness—she lives it. This is more than a book. It's a healing experience. I cried, I journaled, and for the first time in years, I truly forgave myself.

— Sheena., Trauma Survivor & Meditation Student

I've read dozens of personal growth books, but none touched me like this one. Fristy writes with so much tenderness, wisdom, and depth. Her story is raw, relatable, and radiant. The mirror ritual alone changed my relationship with my inner child. If you're on a journey of healing, this book is your companion.

— Melissa R., Therapist & Energy Healer

Fristy writes with a voice that's both nurturing and powerful. She doesn't sugarcoat the healing journey, but she shows you how every tear is sacred. This book helped me forgive people I never thought I could—and most importantly, it helped me forgive myself. It's a must-read for anyone walking the path of spiritual growth and emotional freedom.

— Nina H., Spiritual Entrepreneur

I couldn't put this book down. Fristy's journey through rage, grief, and spiritual awakening is not just inspiring—it's transformative. I felt like I was sitting in a healing session just by reading. Her blend of journal reflections, meditations, and lived wisdom is unmatched. I'll be rereading this one for years to come.

— Jasmine A., Holistic Wellness Practitioner

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Your Path Forward

Connect with Fristy on Social Media:

Instagram: @fristysato

Medium: https://fristysato.medium.com/

LinkedIn: https://www.linkedin.com/in/fristysato/

X: https://x.com/fristysato

Receive daily inspirations, clear transmissions, and updates designed to support your journey.

Explore More Offerings & Wisdom: https://www.fristysato.my.id/

Discover the full THRIVE Method™ from free resources to high-ticket mentorships—each designed to provide a clear path to your next level of embodiment.

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BEGIN YOUR JOURNEY NOW!

For more wisdom of Divine Feminine Leaders, visit:

Fristy Sato Official Website: https://www.fristysato.my.id/

Instagram: @fristysato

Medium: https://fristysato.medium.com/

LinkedIn: https://www.linkedin.com/in/fristysato/

X: https://x.com/fristysato

May your radiance shine forth with clarity and purpose. The world awaits your light.

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